

Asian Gourmet Sauces made by Mei
RECIPE CARD



WAYS TO USE THIS SAUCE

DIP WITH IT

Tortilla chips, poppadoms.

MARINADE WITH IT

Infuse and tenderize pork chops for BBQ.

COOK WITH IT

Add flavours to root vegetables, such as butternut squash, sweet potato.

FOR MORE RECIPE IDEAS PLEASE VISIT:
www.meishomemade.co.uk/recipes



Diamond Chicken Breast & Butternut Squash Chutney serves 1

Turn your surplus chutneys in the refrigerator into yummy side dish.

INGREDIENTS

- 1 chicken breast score in diamond pattern
- 1 handful of diced butternut squash
- 1 heaped tbsp Mei's Mango & Apple Chutney
- 1 portion of green salad

METHOD

- Season chicken breast with salt and pepper, dust evenly with 1 tsp of corn starch, set aside.
- Take a non-stick frying pan, heat up 1 tsp of cooking oil, then fry the butternut squash for a few minutes until soft.
- Drizzle over 1 tsp of honey and the chutney for caramelised finish, mix it gently and set aside.
- Pan-fry the chicken breast for a few minutes on each side until cooked.
- Serve cooked chicken breast on a bed of salads and butternut squash chutney.

Other sauces you might like to try on this recipe: Mei's Spiced Apple & Plum Chutney, Mei's Smoked Paprika Chilli Sauce.